

# Groovelates

## Information Sheet

### What we will cover

Welcome to the world of “Groovelates”- the perfect blend of functional core work and funky, feel-good vibes; where you’ll work your body top to toe whilst shaking your booty and grooving along to a feel-good, retro disco sound track from the 70s & 80’s.

Each session starts with standing, functional core and balance work with tracks to shape and tone those legs and butts. We then move down to the floor to work on those abs, butts and backs, topped off with relaxing stretches and releases.

It’s all easy to follow with the emphasis on having fun whilst working out.

There are options so you can work at your own level and build-up your fitness gradually. We will learn a routine over a number of weeks to allow you to fully gain the maximum benefit from your workout.

Low impact, this workout is safe and effective for all age groups.

### Session Times

9.30am

The session is delivered via Zoom so we can see you and coach you accordingly- and you can ask questions too.

### Clothing and Equipment

**You will need a mat**

If you don’t already have a mat, I would recommend one that is between 10-15mm thick and non-slip. The more padded the better for support of your spinal column! Tesco sells some lovely thick, padded ones which are ideal for back comfort and cost around £15. There are lots on Amazon too.

For the standing section you are welcome to wear dance pumps or trainers (or barefoot) if you prefer!

[www.betterbodytraining.com](http://www.betterbodytraining.com)